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1 I claim:

1. A method of driving a fastener a fastener assembly comprising the steps of:

- 5 a. positioning a first fastener assembly having a nail frictionally received within a plate over the barrel portion of a power actuated gun;
- b. depressing the barrel portion so that a trigger firing mechanism operatively connected to the barrel portion is lowered to contact a trigger of the power actuated gun;
- 10 c. further depressing the barrel portion of the power actuated gun so that trigger firing mechanism releases and pushes on the trigger of the power actuated gun, actuated the gun to drive the nail of the fastener assembly.

15 2. The method of claim 1, wherein:

the trigger firing mechanism is attached directly to the barrel portion of the power actuated gun.

3. The method of claim 1, wherein:

- 20 a. a fastener feeding track is attached to the barrel portion of the gun, the fastener feeding track carrying a plurality of the fastener assemblies; and
- b. the trigger firing mechanism is attached directly to the fastener feeding track.

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4. The method of claim 1, wherein:

the power actuated gun further comprises a spring that biases the barrel portion and track upward away from trigger of the power actuated gun.

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5. The method of claim 4, wherein:

when the barrel portion is depressed the spring compresses and the trigger firing mechanism is lowered to contact the trigger.

35 6. The method of claim 1, wherein:

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1 the trigger firing mechanism has a threaded member that allows for adjustment of the trigger firing mechanism.

7. A method of driving a fastener a fastener assembly comprising the  
5 steps of:

- a. positioning a first fastener assembly having a nail frictionally received within a plate over the barrel portion of a power actuated gun;
- b. depressing the barrel portion so that a trigger firing mechanism  
10 operatively connected to the barrel portion is lowered to contact a trigger of the power actuated gun, the trigger firing mechanism containing means for releasing upon contact with the trigger to fire the power actuated gun.

15 8. The method of claim 7, wherein:

the trigger firing mechanism is attached directly to the barrel portion of the power actuated gun.

9. The method of claim 7, wherein:

- 20 a. a fastener feeding track is attached to the barrel portion of the gun, the fastener feeding track carrying a plurality of the fastener assemblies; and
- b. the trigger firing mechanism is attached directly to the fastener feeding track.

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10. The method of claim 7, wherein:

the power actuated gun further comprises a spring that biases the barrel portion and track upward away from trigger of the power actuated gun.

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11. The method of claim 10, wherein:

when the barrel portion is depressed the spring compresses and the trigger firing mechanism is lowered to contact the trigger.

35 12. The method of claim 7, wherein:

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1 the trigger firing mechanism has a threaded member that allows for adjustment of the trigger firing mechanism.

13. A method of driving a fastener a fastener assembly comprising the  
5 steps of:

- a. positioning a first fastener assembly having a nail frictionally received within a plate over the barrel portion of a power actuated gun, the power actuated gun having a trigger firing mechanism, the trigger firing mechanism having a pressure member that provides a  
10 slight constant pressure to the trigger by means of a spring;
- b. depressing the barrel portion so that the trigger firing mechanism operatively connected to the barrel portion is lowered and applies sufficient pressure to a trigger of the power actuated gun to fire the  
15 power actuated gun.

14. The method of claim 13, wherein:

the trigger firing mechanism is attached directly to the barrel portion of the power actuated gun.

20 15. The method of claim 13, wherein:

- a. a fastener feeding track is attached to the barrel portion of the gun, the fastener feeding track carrying a plurality of the fastener assemblies; and
- b. the trigger firing mechanism is attached directly to the fastener  
25 feeding track.

16. The method of claim 13, wherein:

the power actuated gun further comprises a spring that biases the barrel portion and track upward away from trigger of the power  
30 actuated gun.

17. The method of claim 16, wherein:

when the barrel portion is depressed the spring compresses and the trigger firing mechanism is lowered to contact the trigger.

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18. The method of claim 13, wherein:

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1 the trigger firing mechanism has a threaded member that allows for  
adjustment of the trigger firing mechanism.

19. A power actuated gun for driving a first fastener assembly having a nail  
5 frictionally received within a plate, comprising:

- a. a barrel portion having a trigger firing mechanism; and
- b. a trigger, the trigger firing mechanism being operatively connected  
to the barrel portion so that when the barrel portion is lowered it  
contacts the trigger of the power actuated gun; actuating the power  
10 actuated gun.

20. The apparatus of claim 19, wherein:

the trigger firing mechanism is attached directly to the barrel portion of  
the power actuated gun.

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21. The apparatus of claim 19, wherein:

- a. a fastener feeding track is attached to the barrel portion of the gun,  
the fastener feeding track carrying a plurality of the fastener  
assemblies; and
- b. the trigger firing mechanism is attached directly to the fastener  
20 feeding track.

22. The apparatus of claim 19, wherein:

the power actuated gun further comprises a spring that biases the  
25 barrel portion and track upward away from trigger of the power  
actuated gun.

23. The apparatus of claim 22, wherein:

when the barrel portion is depressed the spring compresses and the  
30 trigger firing mechanism is lowered to contact the trigger.

24. The apparatus of claim 19, wherein:

the trigger firing mechanism has a threaded member that allows for  
adjustment of the trigger firing mechanism.

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- 1 25. A fastener assembly feeding system for use with a power actuated gun comprising:
- a. a fastener assembly comprising a curved plate, and a stud frictionally held within the plate;
  - 5 b. a track adapted to receive the curved plate, the track shaped to conform with the curved shape of the plate;
  - c. whereby a plurality of fastener assemblies are guided along the track.
- 10 26. The fastener assembly feeding system of claim 25, wherein:  
the plate is additionally formed with a groove and the track is shaped to conform with the groove of the plate of the fastener assembly.
27. The fastener assembly feeding system of claim 25, wherein:  
15 the plate is additionally formed with an extending portion and the track is shaped to conform with the extending portions of the plate of the fastener assembly.
28. A fastener assembly feeding system for use with a power actuated gun  
20 comprising:
- a. a fastener assembly having a plate, the plate having a groove formed within the plate, and a stud frictionally held within the plate;
  - b. a track adapted to receive the plate, the track shaped to contact at least one side of the plate only in the groove;
  - 25 c. whereby a plurality of fastener assemblies are guided along the track.
29. The fastener assembly feeding system of claim 28, wherein:  
the plate has a pair of grooves, and the track is shaped to contact at  
30 least one side of the plate only at the grooves.